

Figure 1

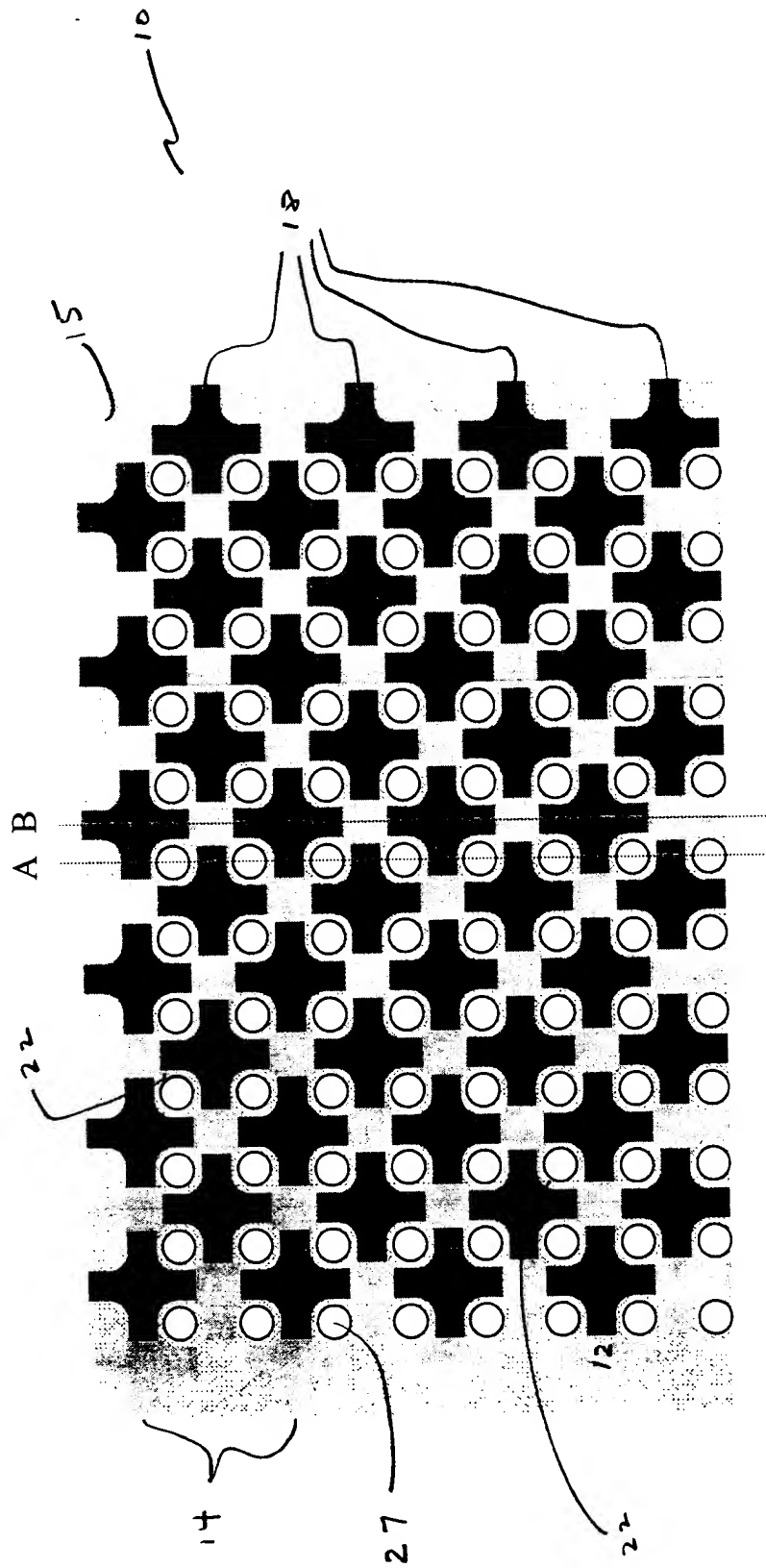


Figure 2

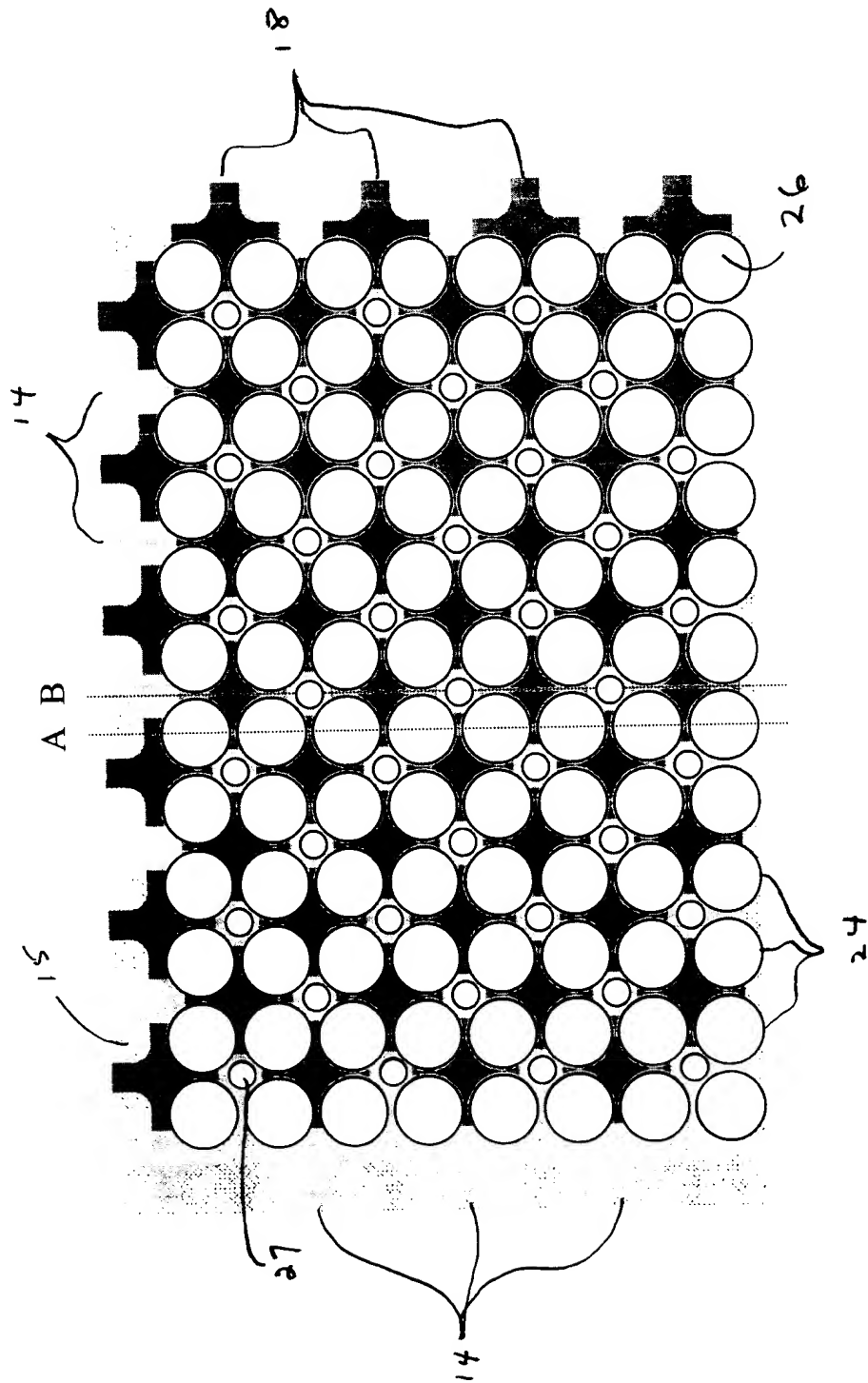


Figure 3

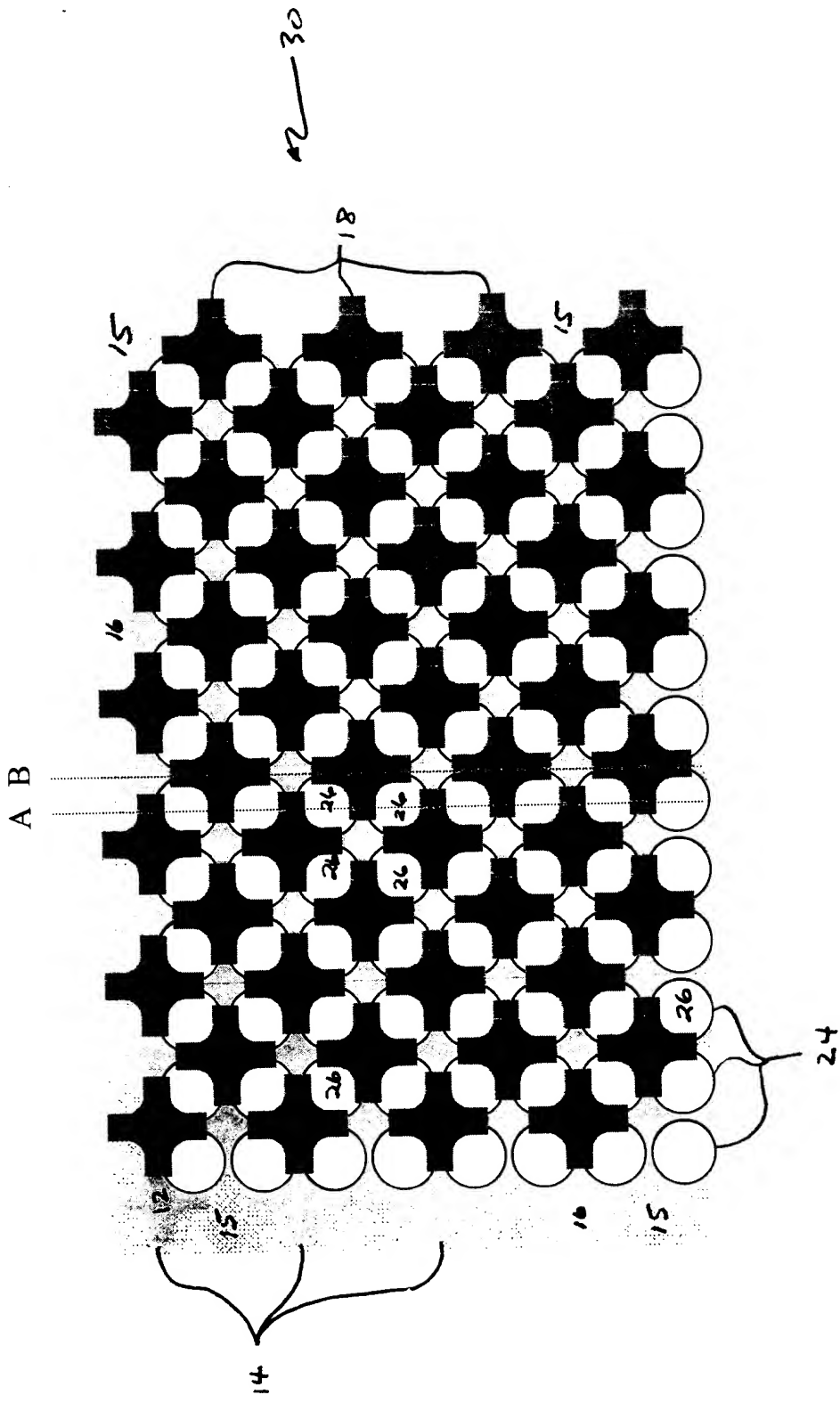


Figure 5

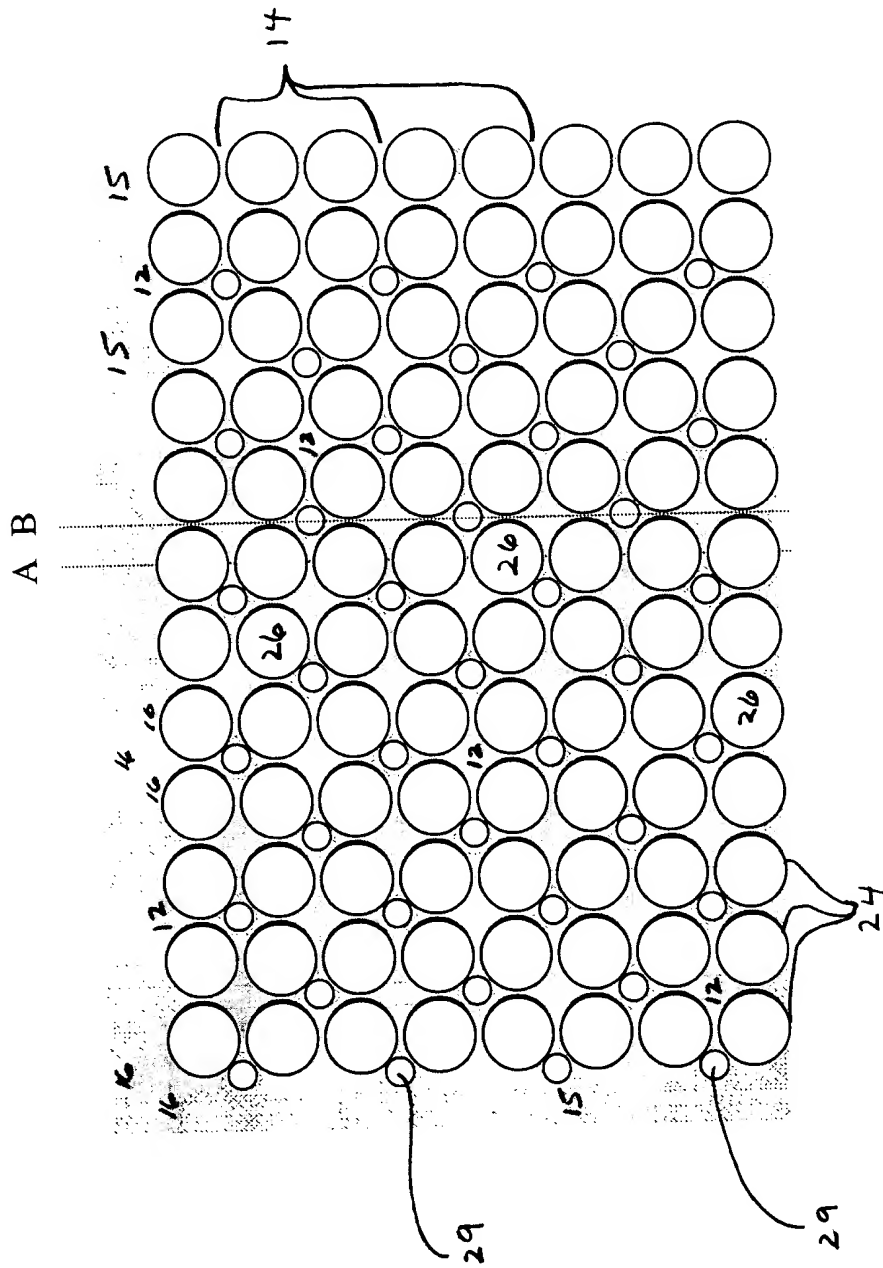
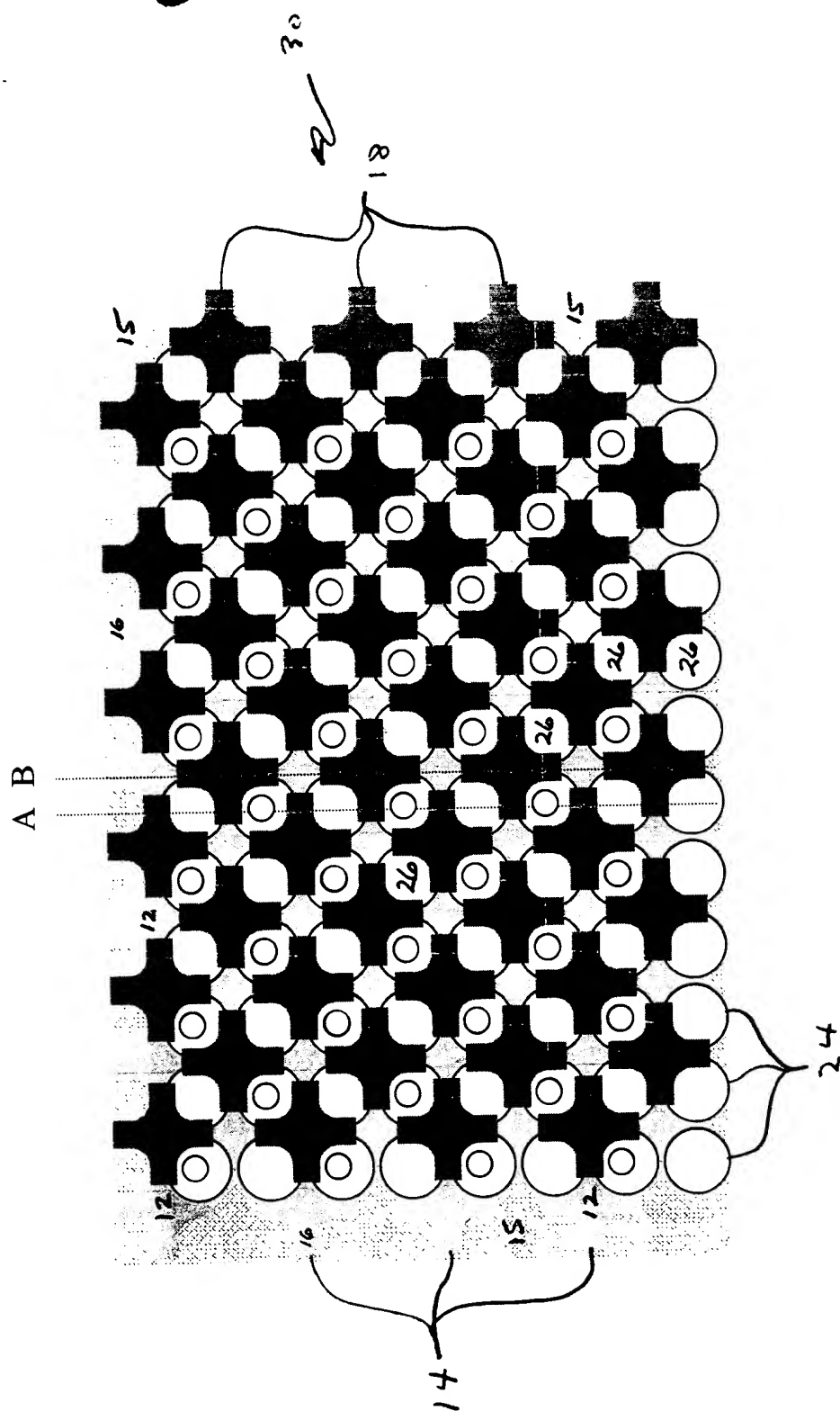
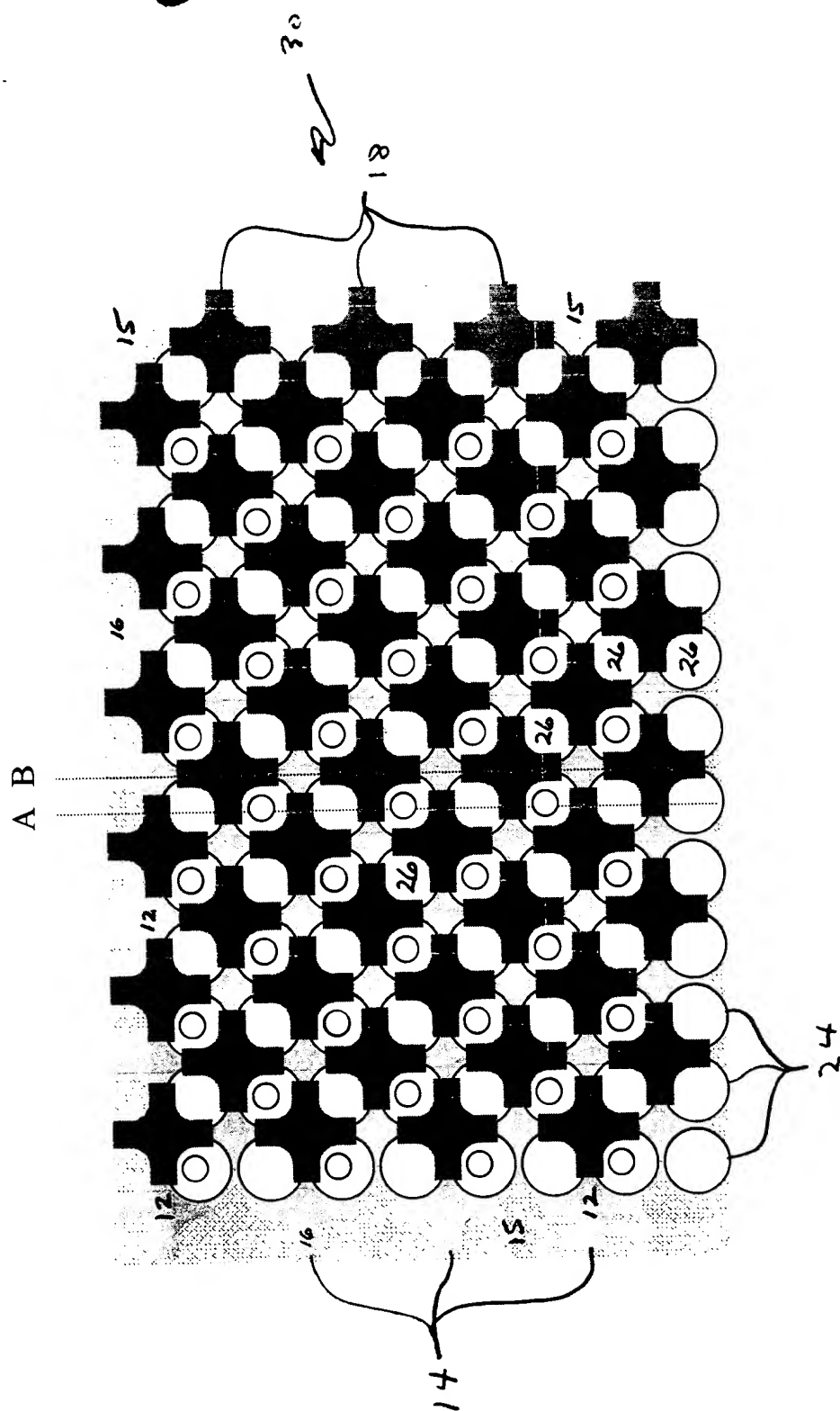


Figure 4

[illegible]

File 7

[illegible]

File 7

Figure 8A

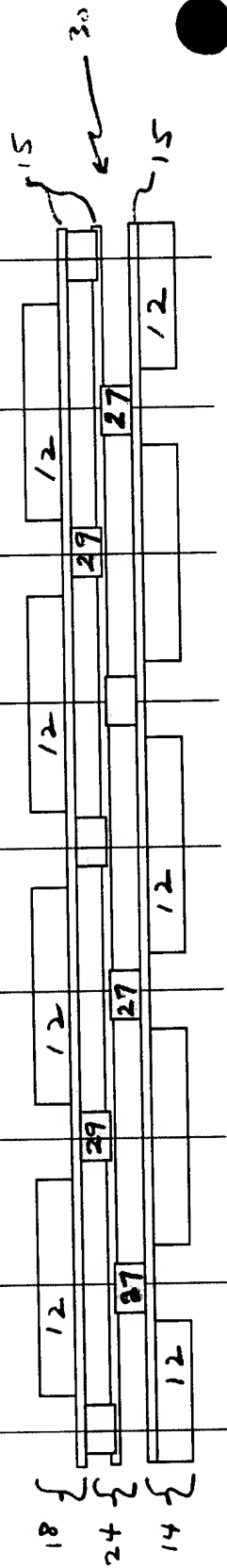
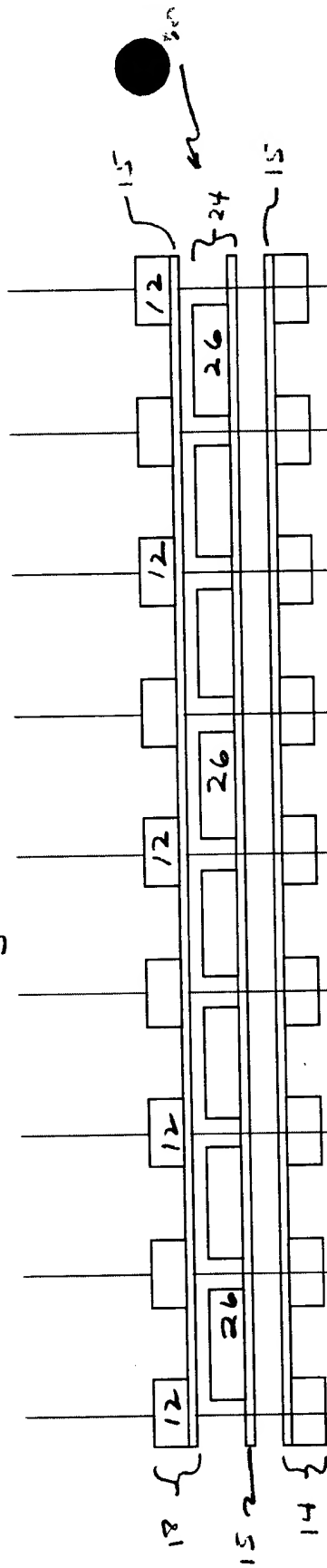


Figure 8B

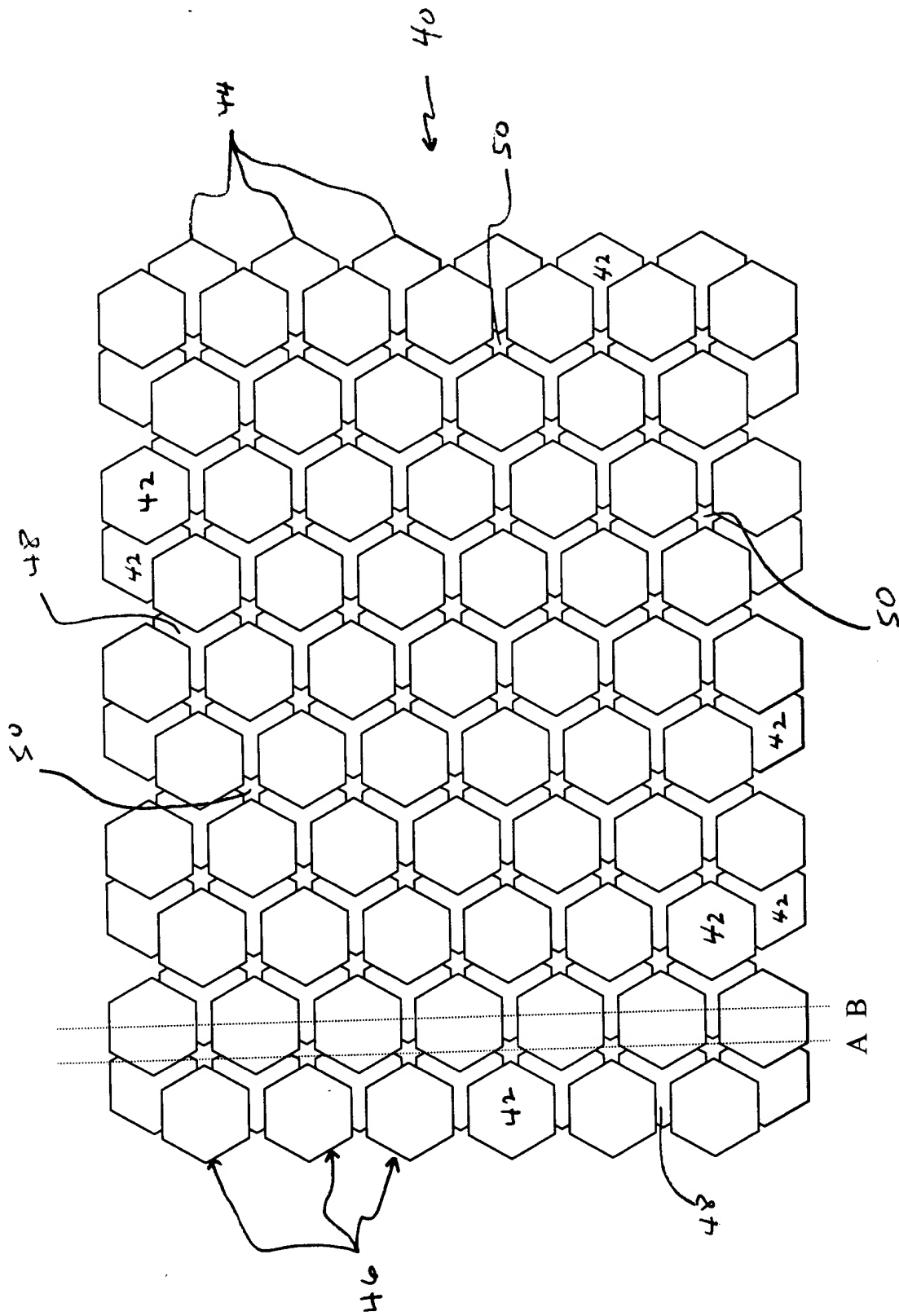


Figure 9

Figure 10A

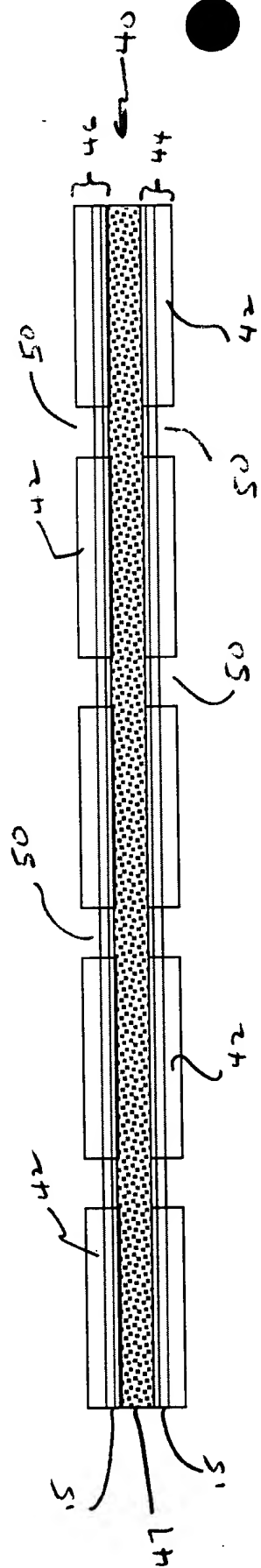
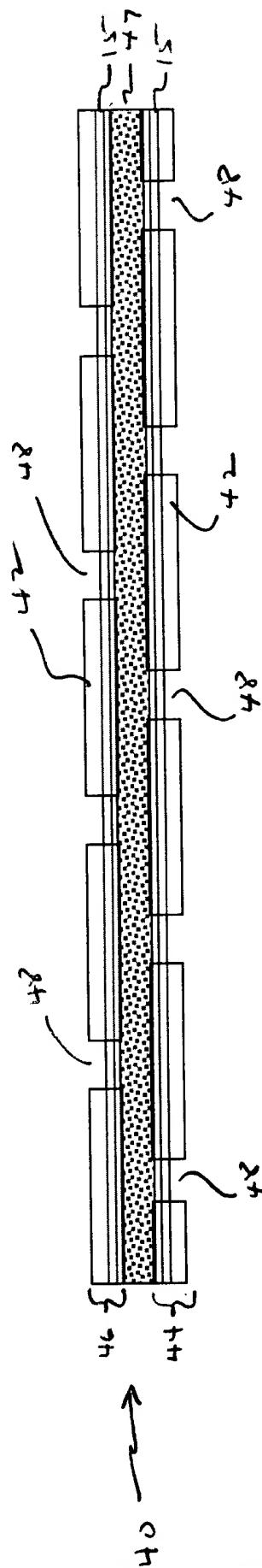


Figure 10B



005020" BTZOT950

A B

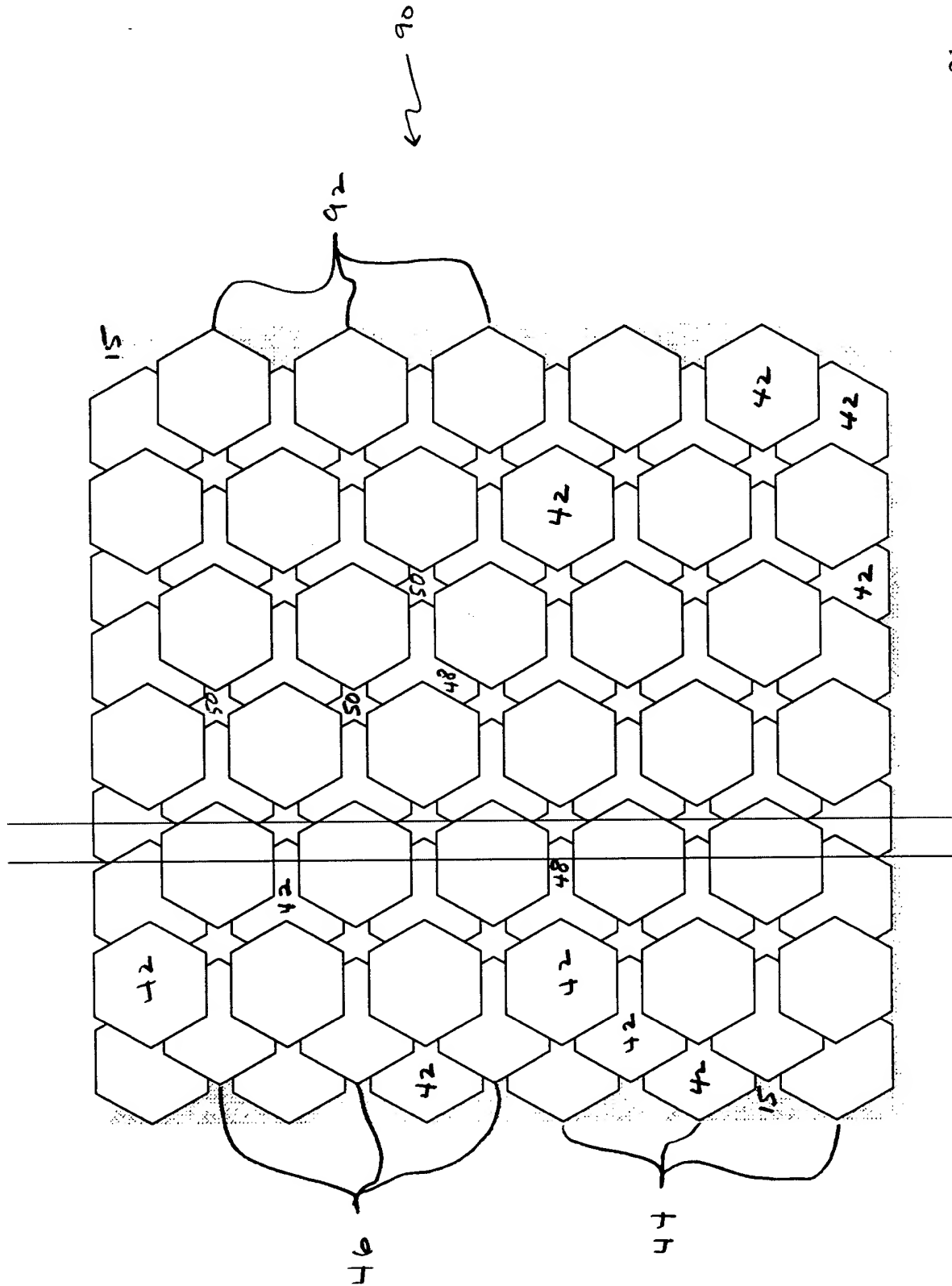


Figure //

Table 1. Mean values of the variables measured during the 60-min test

	Mean ± SD
Age (years)	27.8 ± 3.9
Height (cm)	176.5 ± 6.5
Weight (kg)	72.5 ± 10.5
VO _{2max} (l·min ⁻¹)	3.6 ± 0.4
VO ₂ at rest (l·min ⁻¹)	1.2 ± 0.2
VO ₂ at 30 min (l·min ⁻¹)	2.8 ± 0.3
VO ₂ at 60 min (l·min ⁻¹)	2.5 ± 0.3
HR at rest (beats·min ⁻¹)	72 ± 10
HR at 30 min (beats·min ⁻¹)	155 ± 15
HR at 60 min (beats·min ⁻¹)	150 ± 15
RPE at 30 min	12.5 ± 1.5
RPE at 60 min	11.5 ± 1.5
ΔRPE (RPE at 60 min - RPE at 30 min)	-1.0 ± 1.0
ΔHR (HR at 60 min - HR at 30 min)	-5.0 ± 10.0
ΔVO ₂ (VO ₂ at 60 min - VO ₂ at 30 min)	-0.3 ± 0.3
ΔT _{vent} (min)	1.5 ± 0.5
ΔT _{breath} (min)	1.0 ± 0.3
ΔT _{total} (min)	2.5 ± 0.8
ΔT _{total} /ΔT _{vent}	1.7 ± 0.4
ΔT _{total} /ΔT _{breath}	2.5 ± 0.7
ΔT _{total} /ΔT _{total}	1.0 ± 0.1

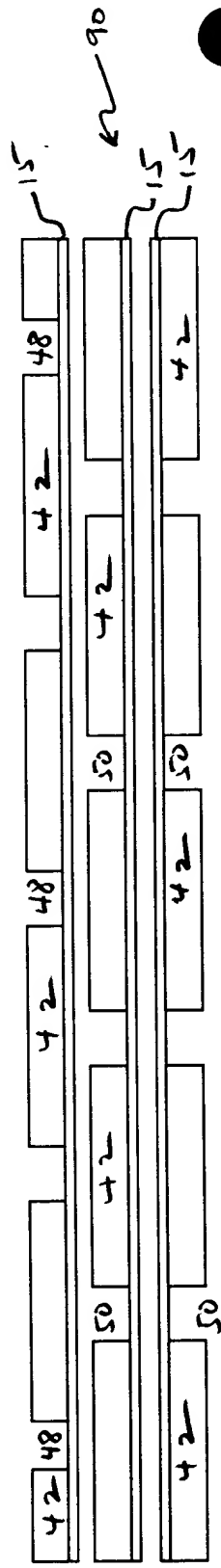


Figure 12A

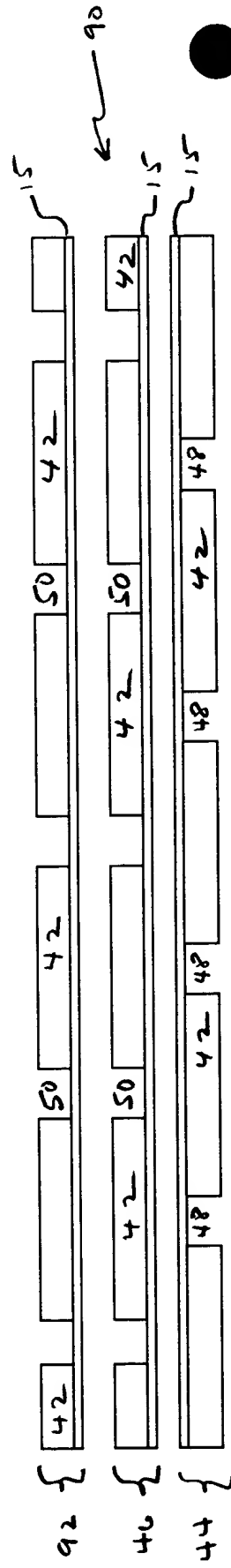
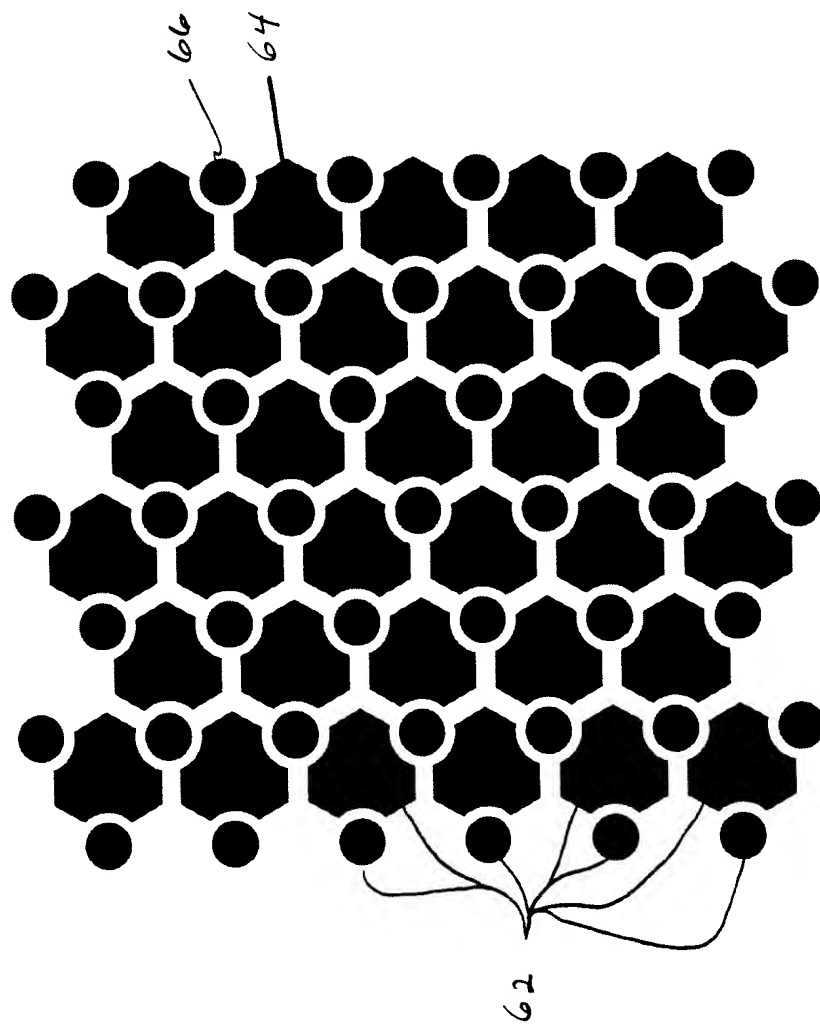
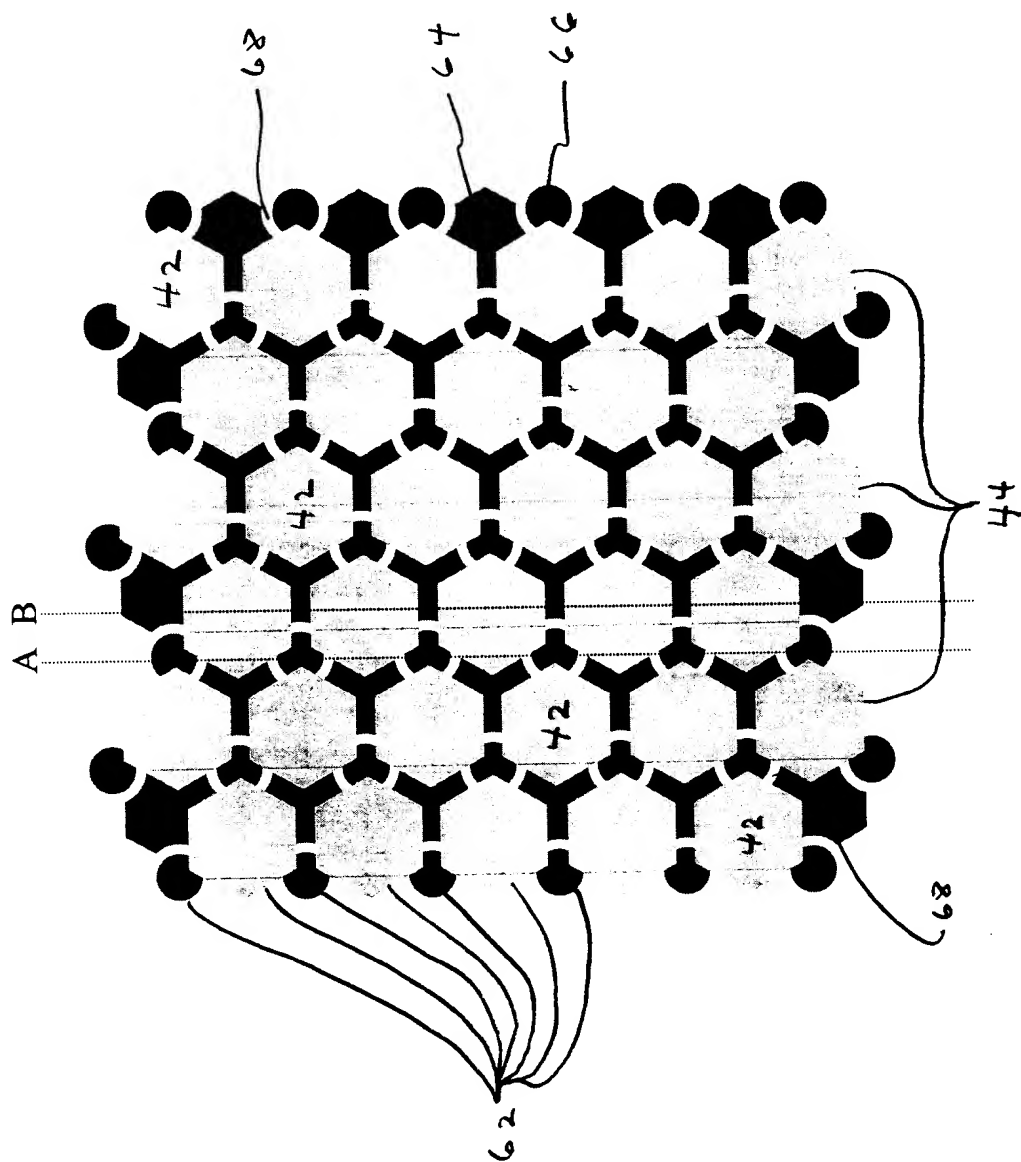


Figure 12B



60

Figure 13



60

Figure 14

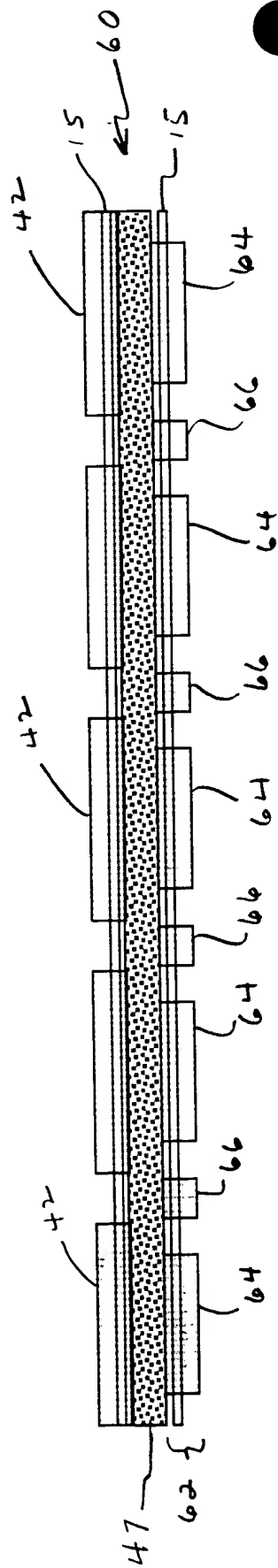


Figure 15A

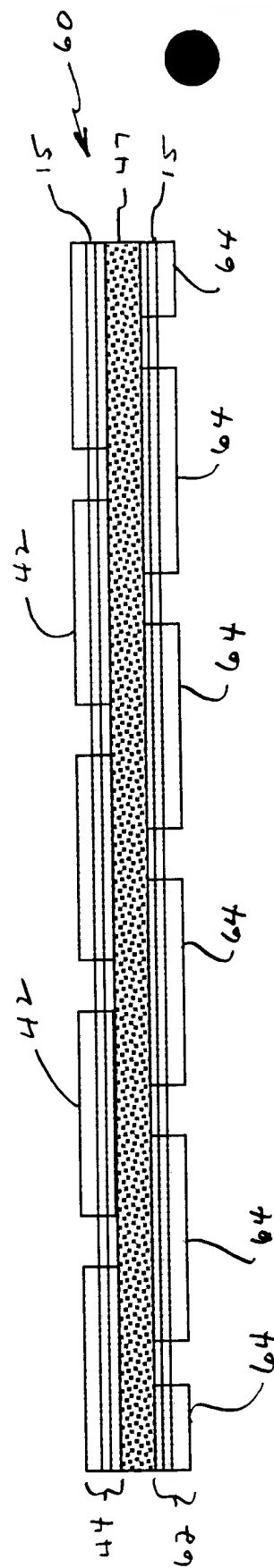


Figure 15B

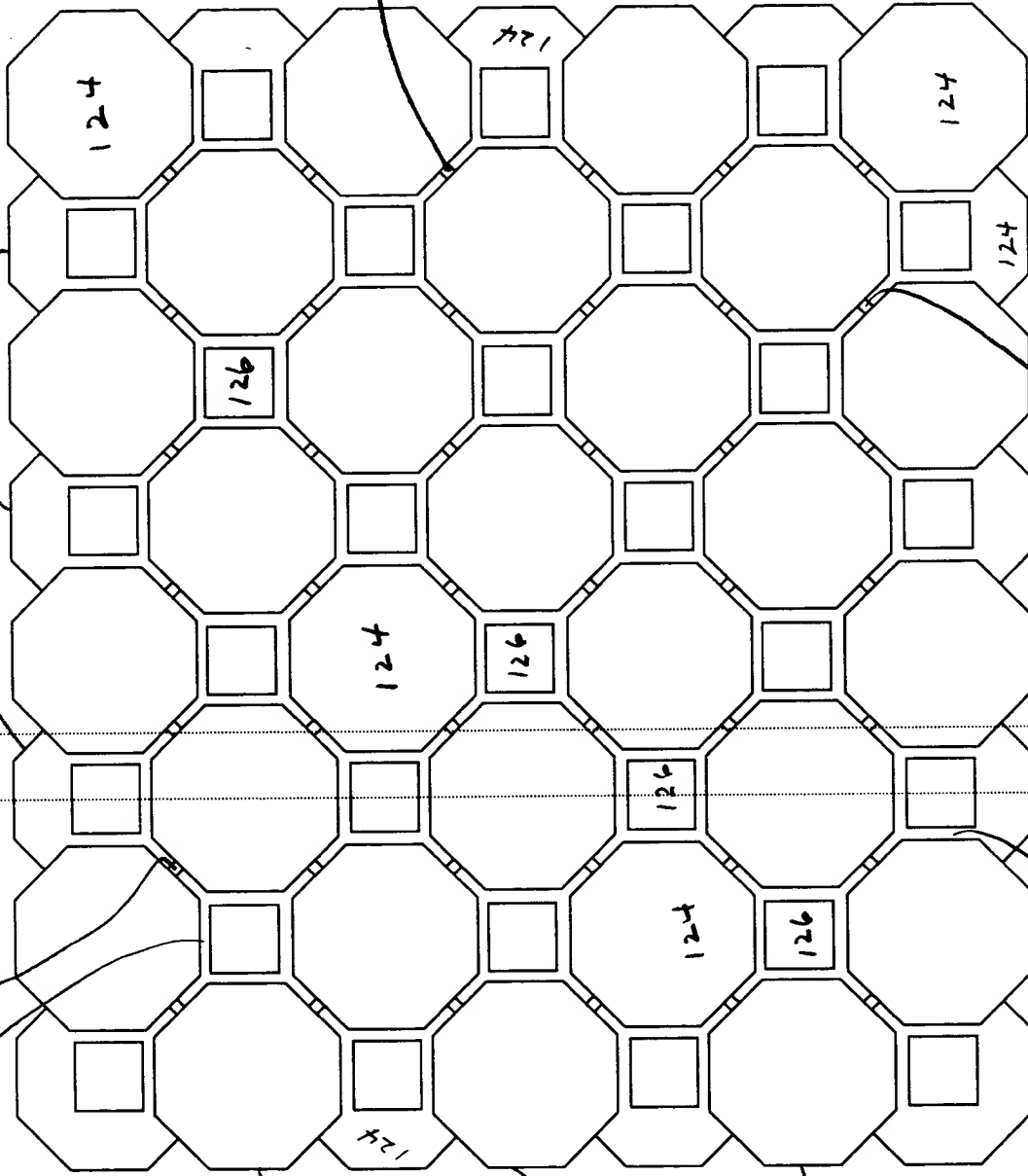
009040" 8420T960

128

A B

131

130



120

Figure 16

Figure 17A

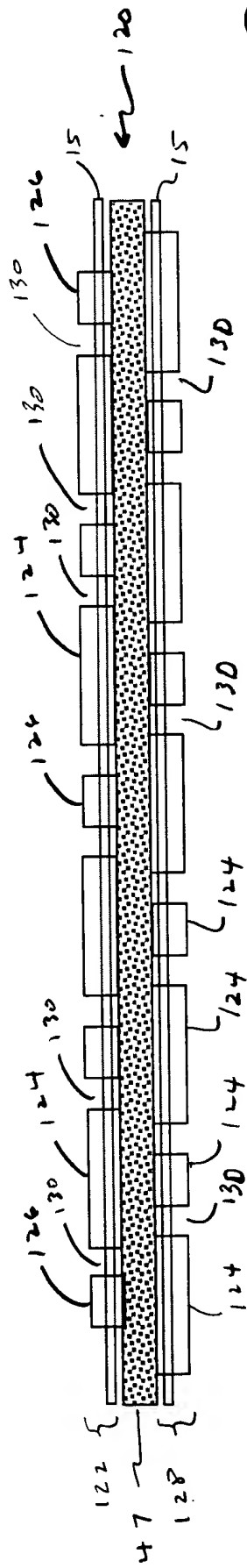
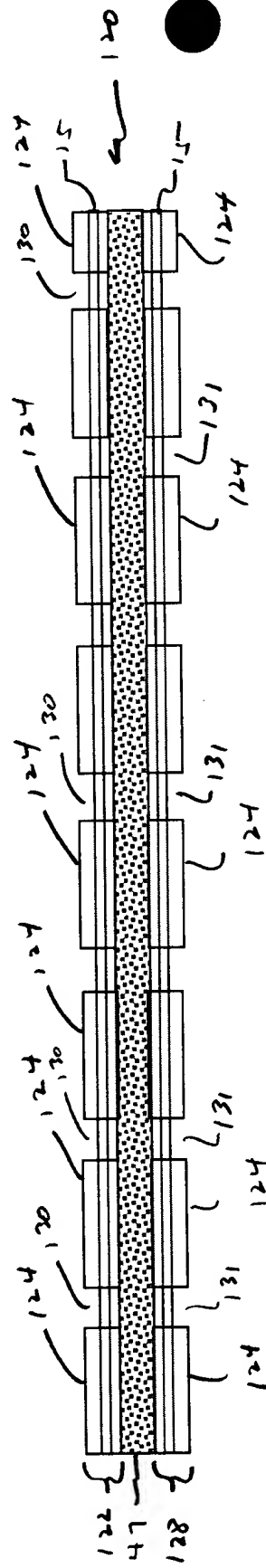


Figure 17B



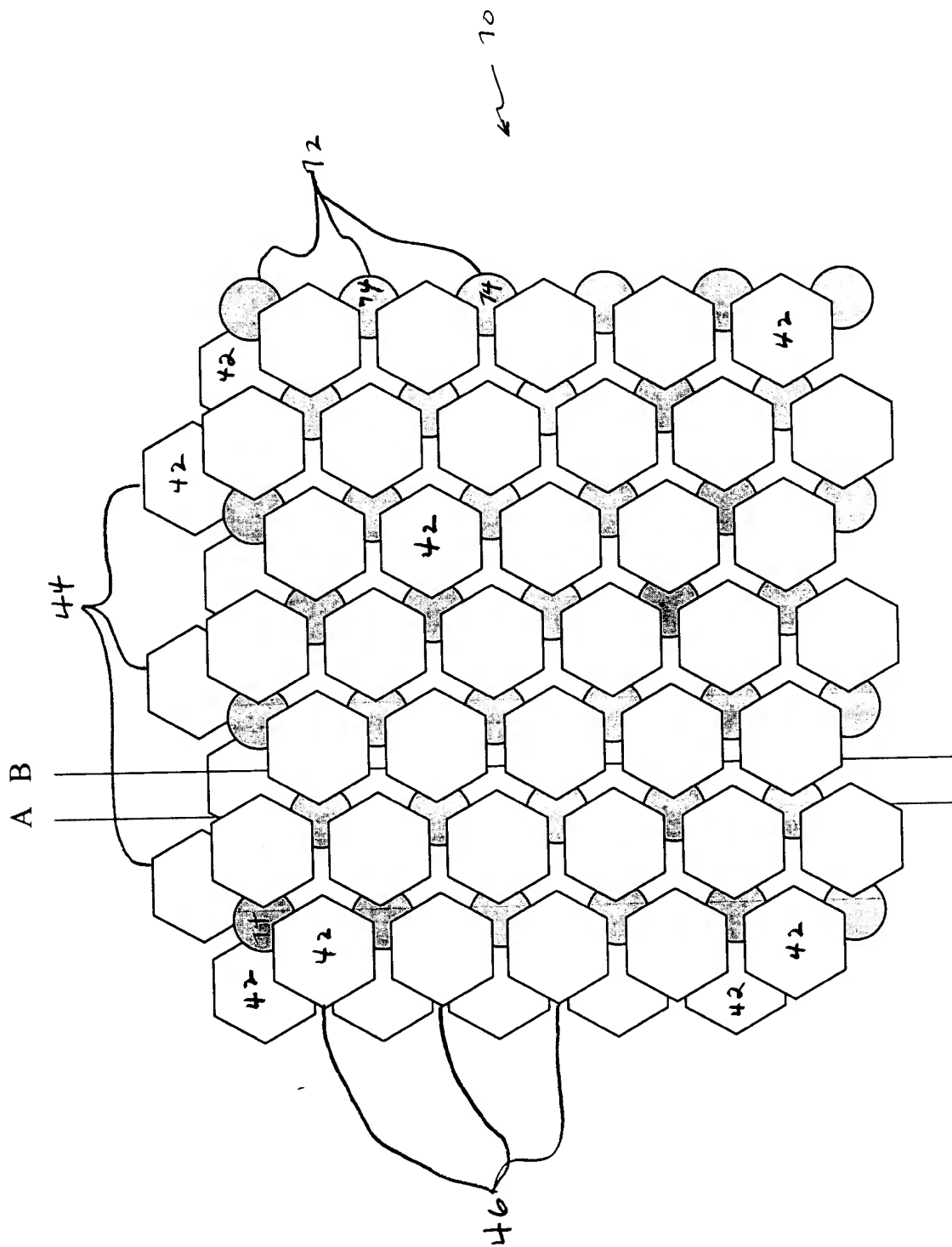


Figure 18

A B

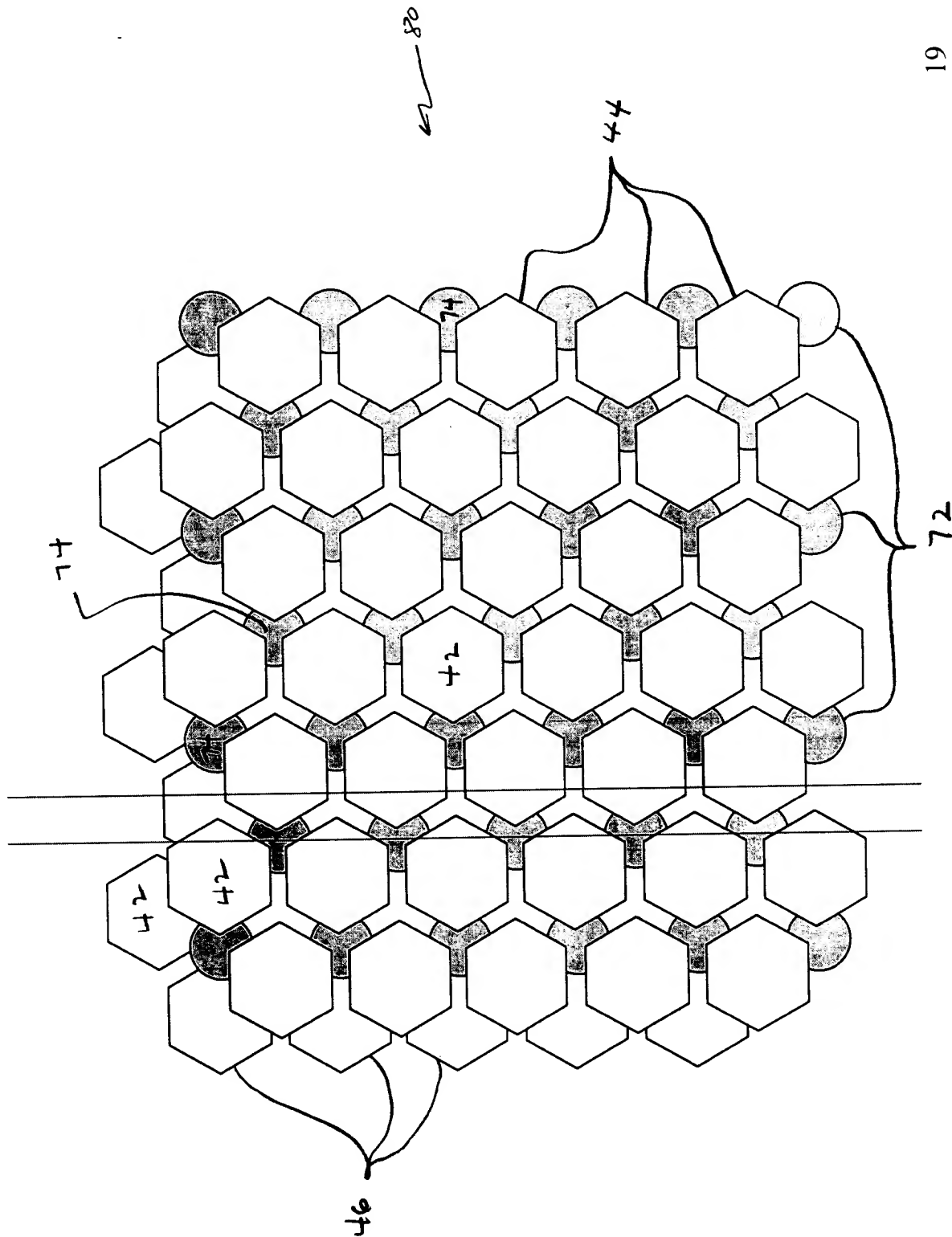


Figure 21A

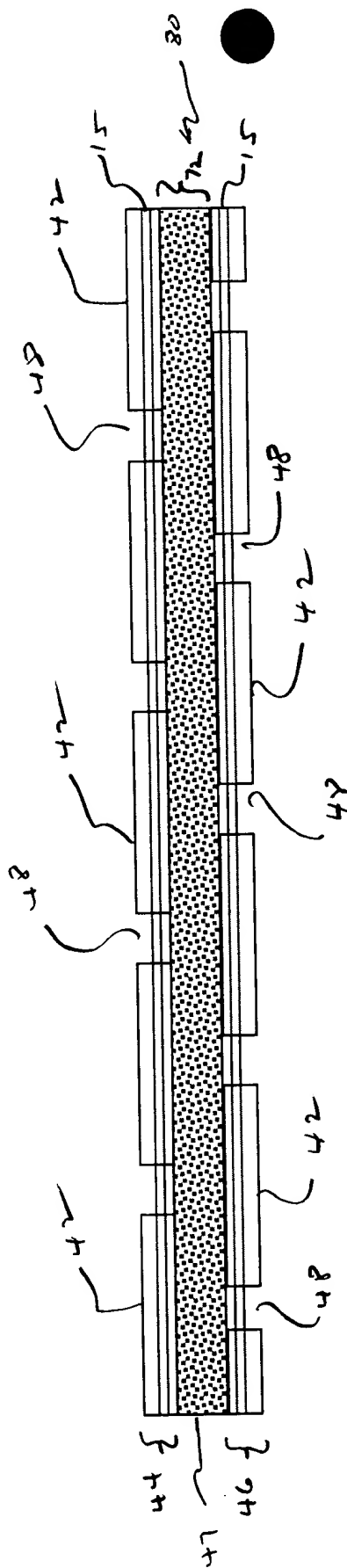
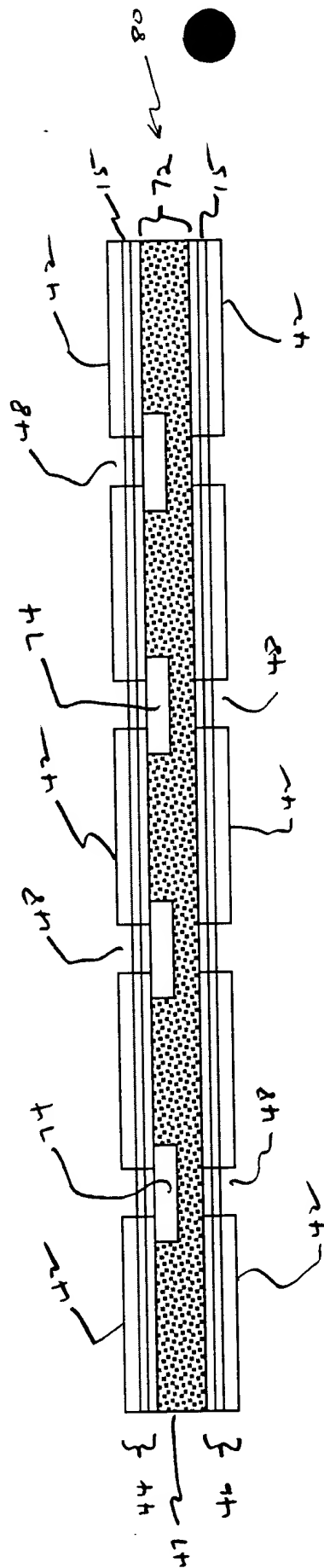


Figure 21B

009020" B420T960

A B C

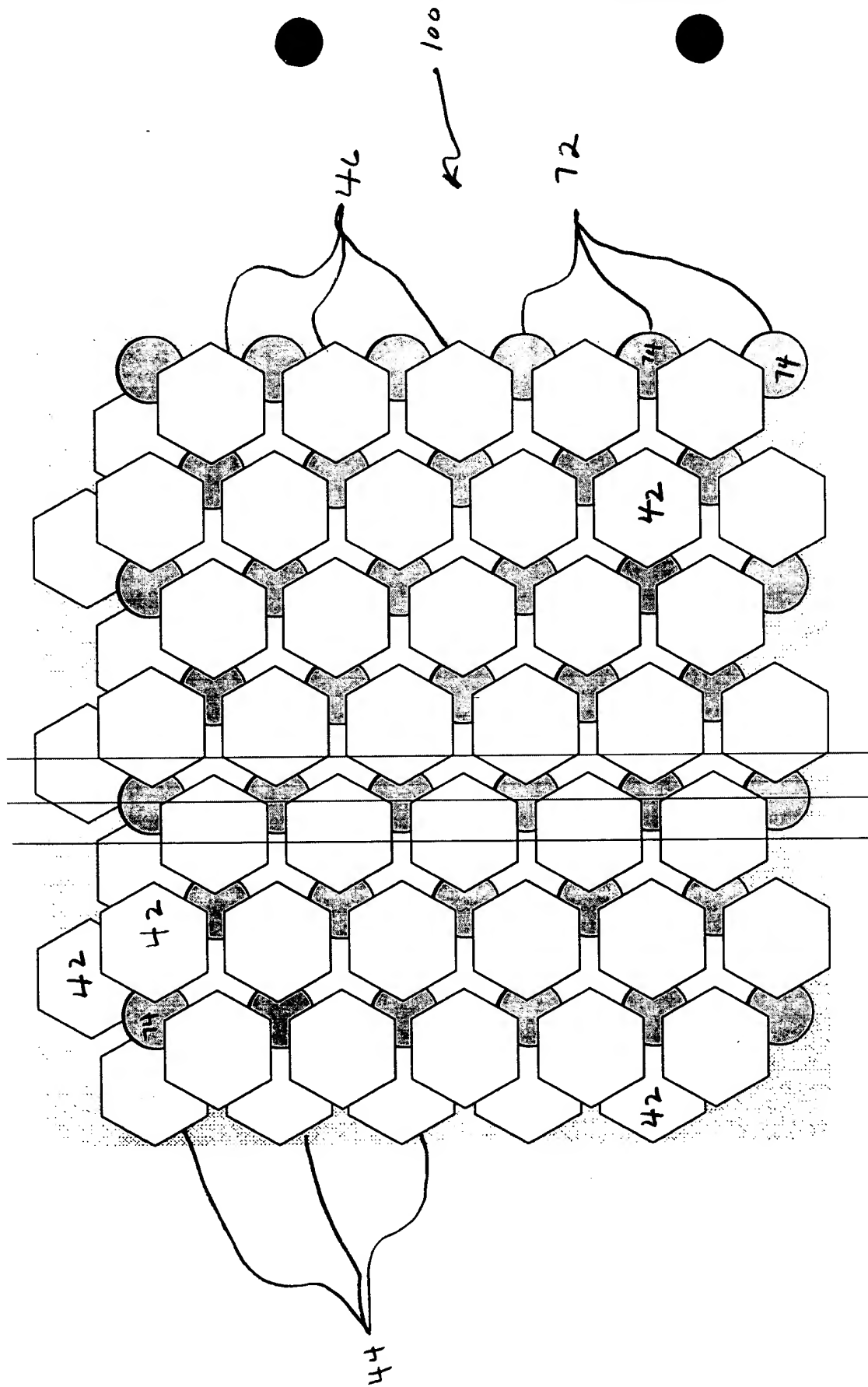


Figure 22

102



24

Figure 2+ A

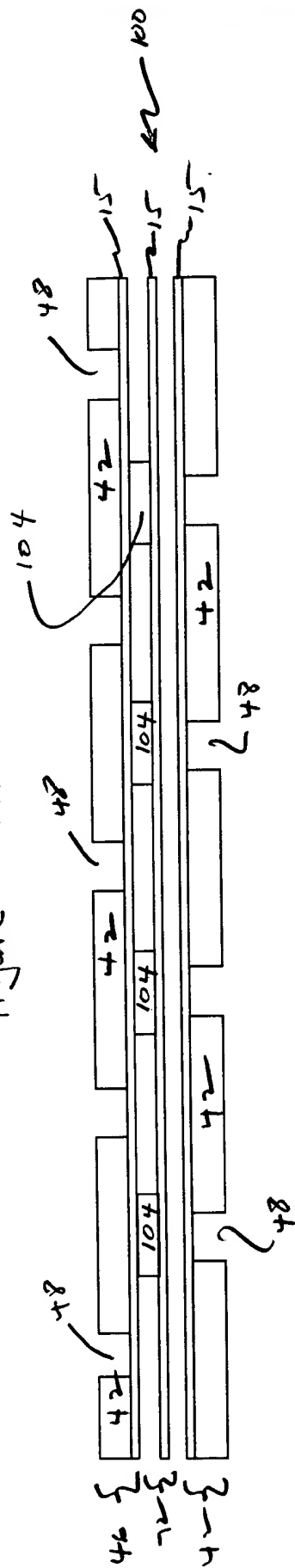


Figure 24 B

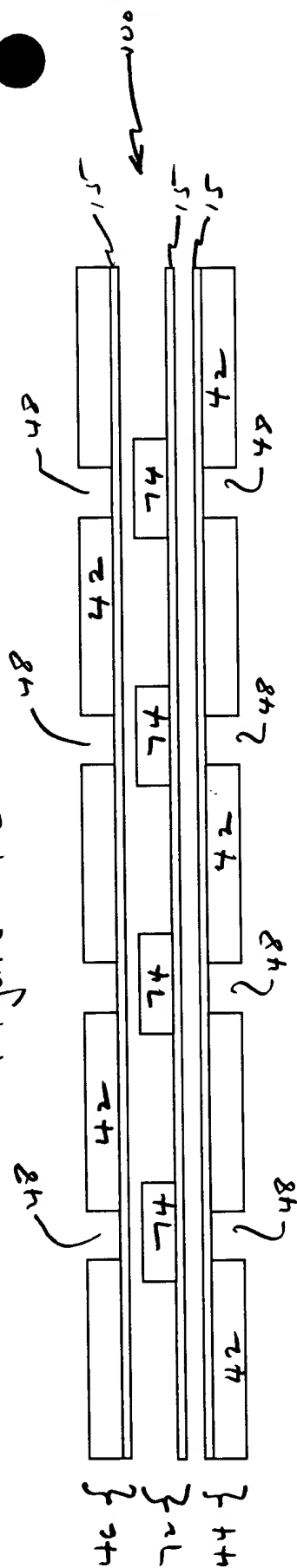
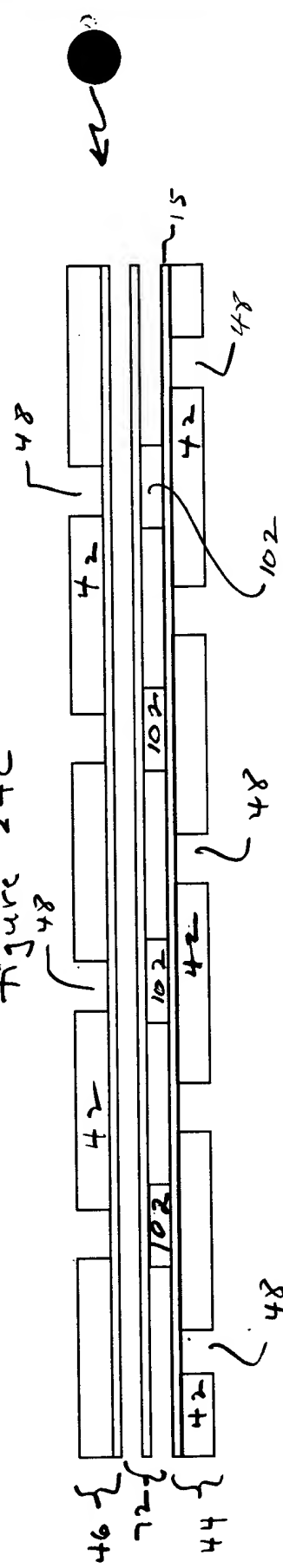


Figure 2+0



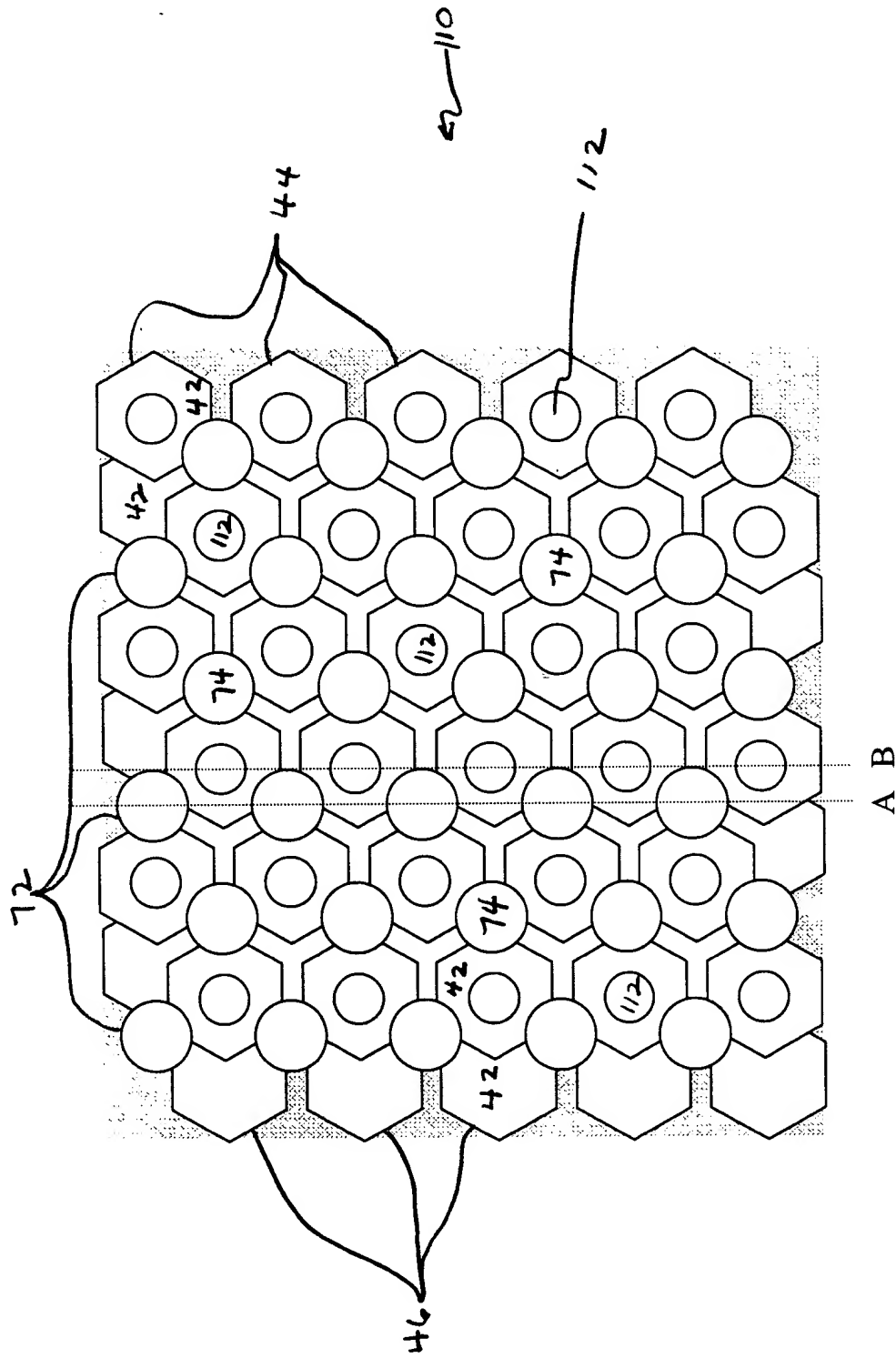
[illegible]

Figure 25

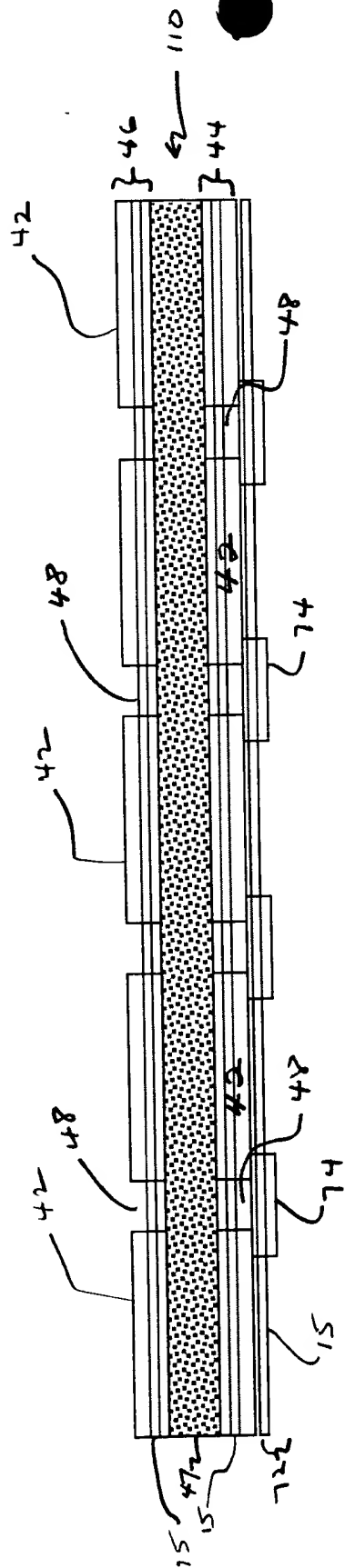


Figure 26A

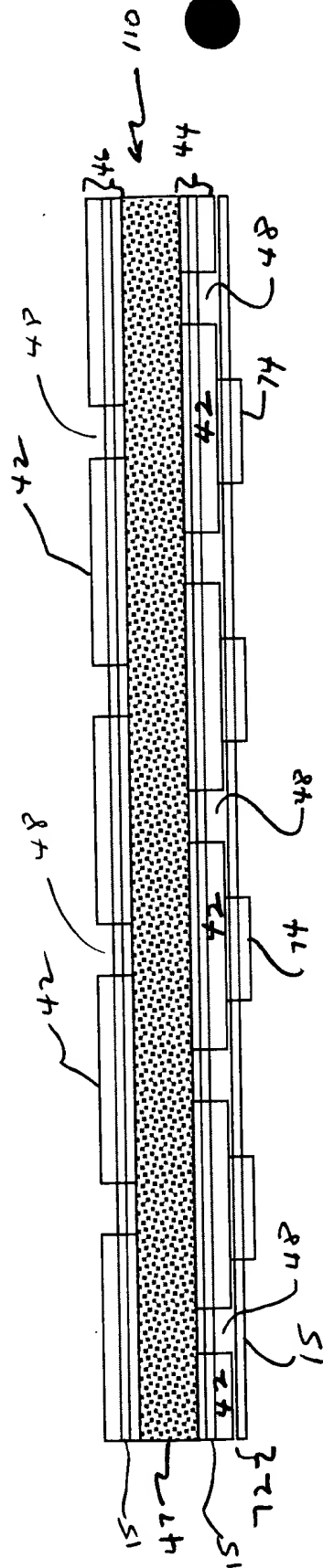


Figure 26B

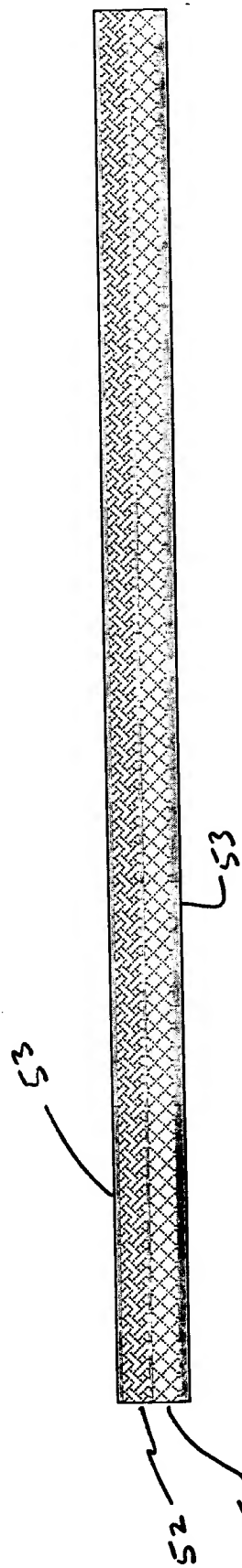


Figure 27A

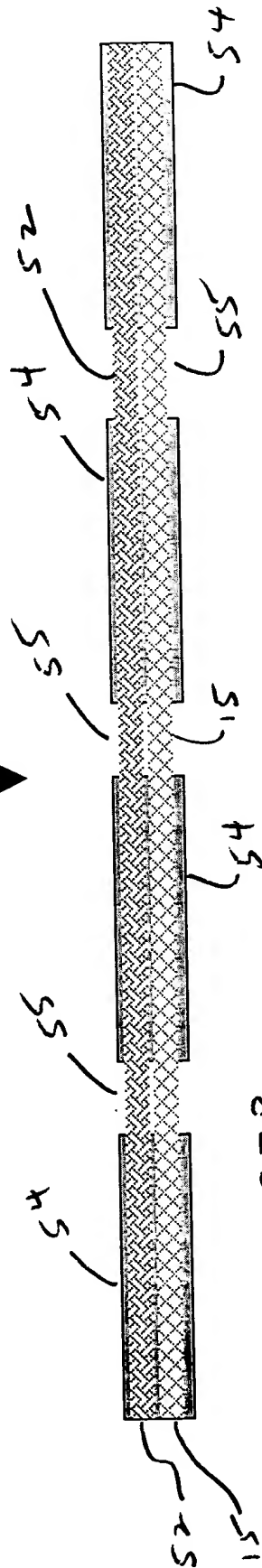


Figure 27B

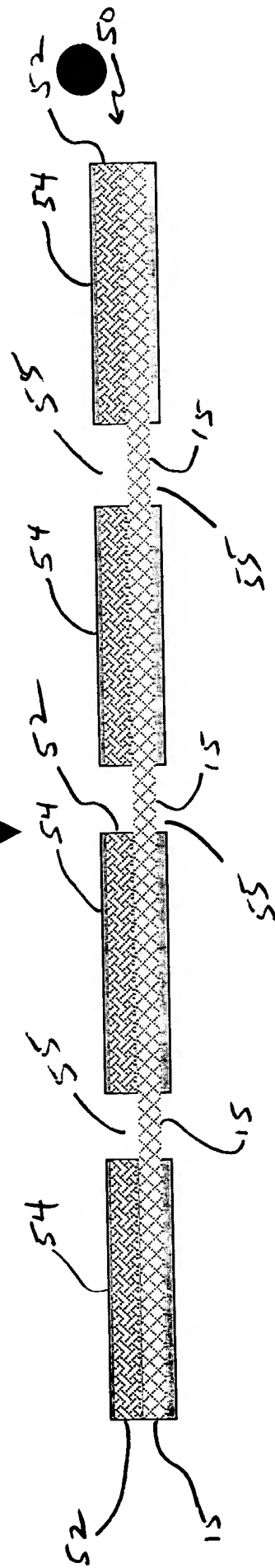


Figure 27C

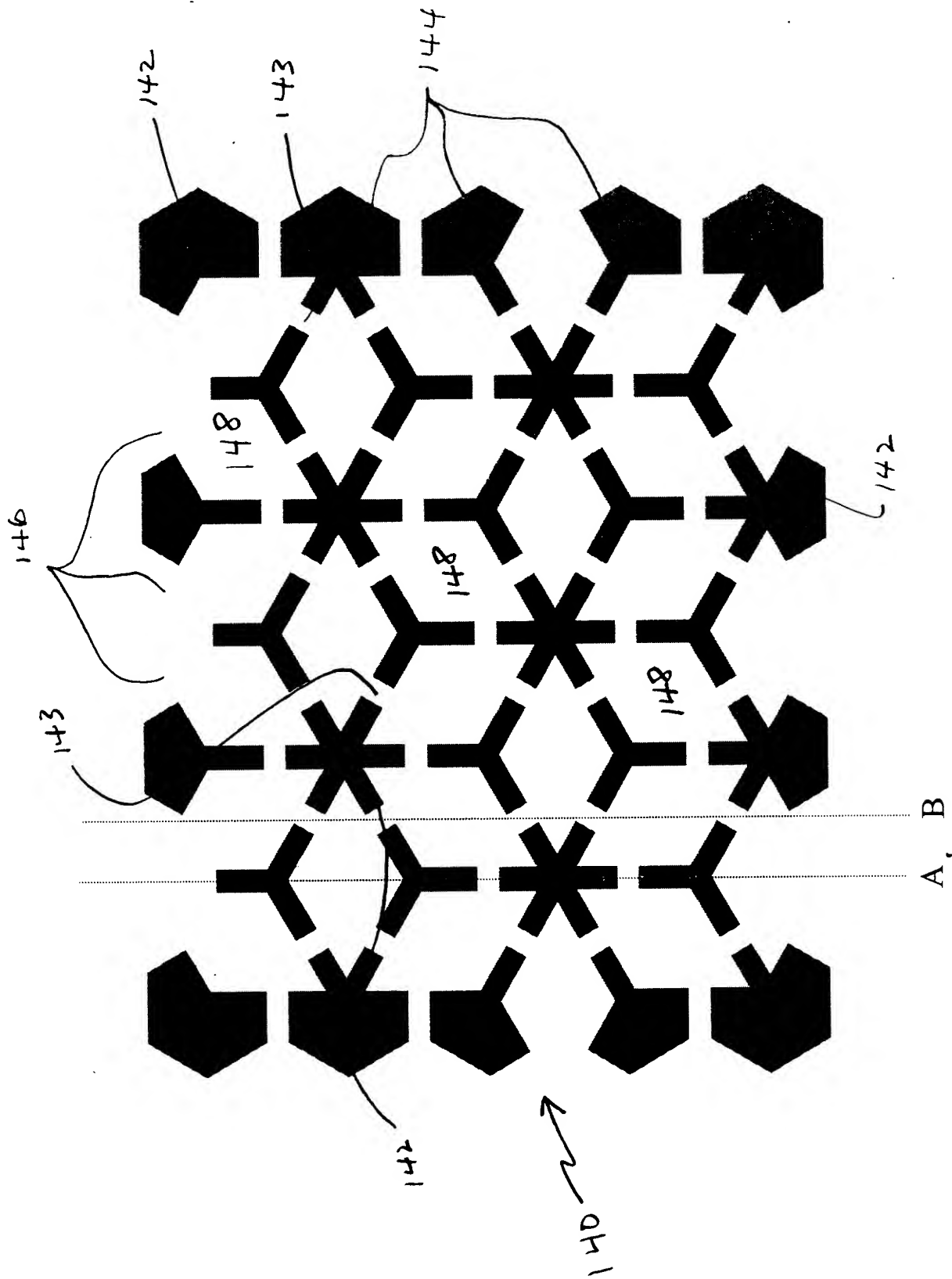
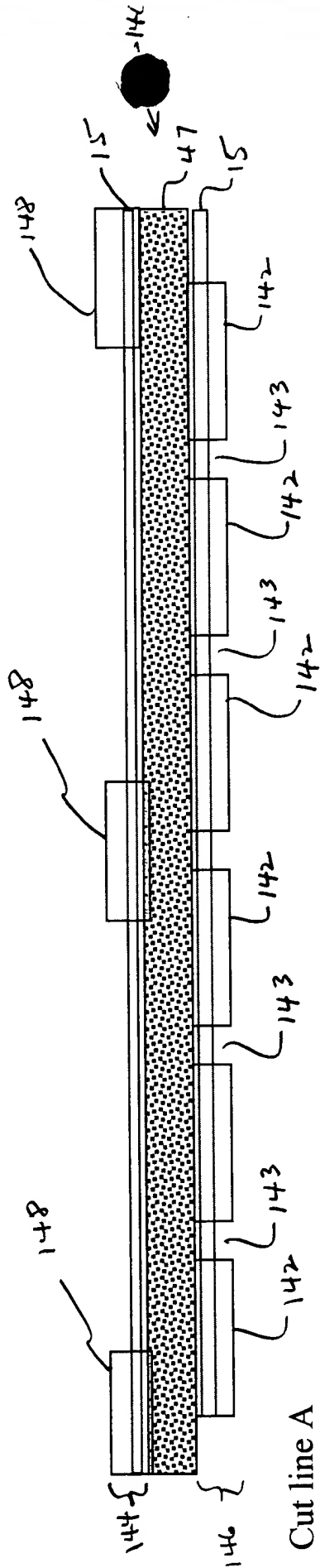
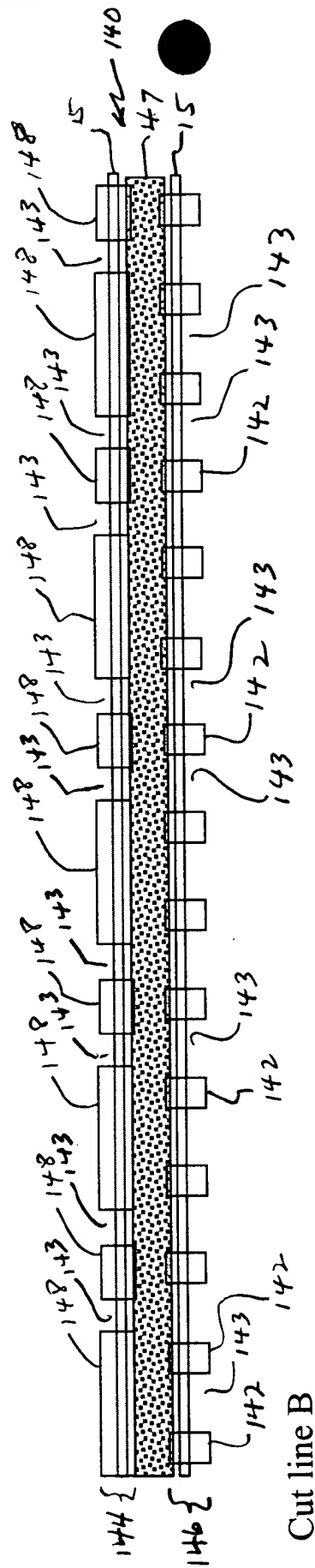


FIGURE 28



29A



29B

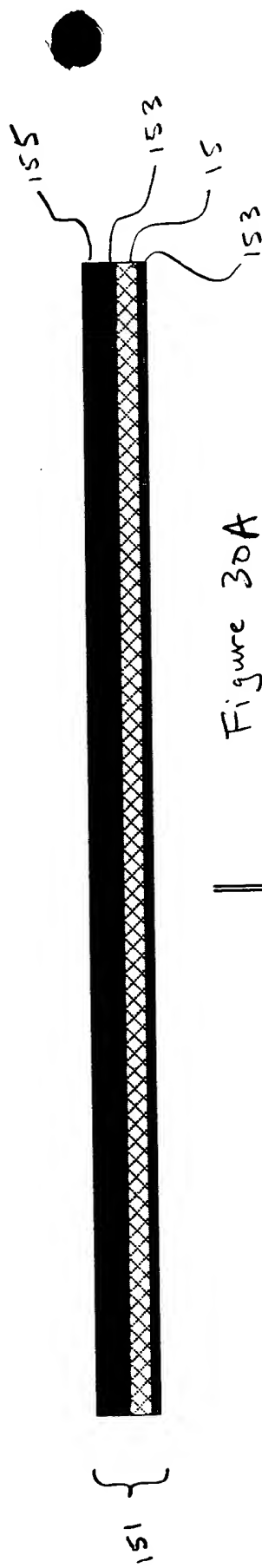


Figure 30A

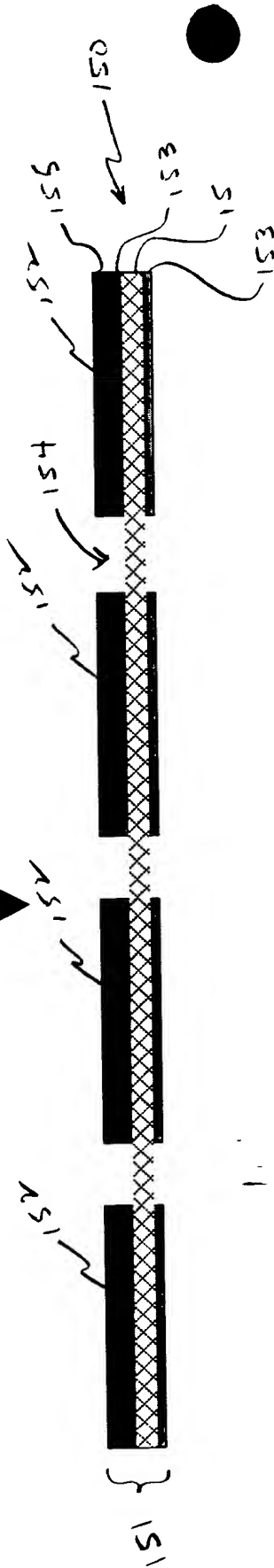


Figure 30B

005020" 8420T960

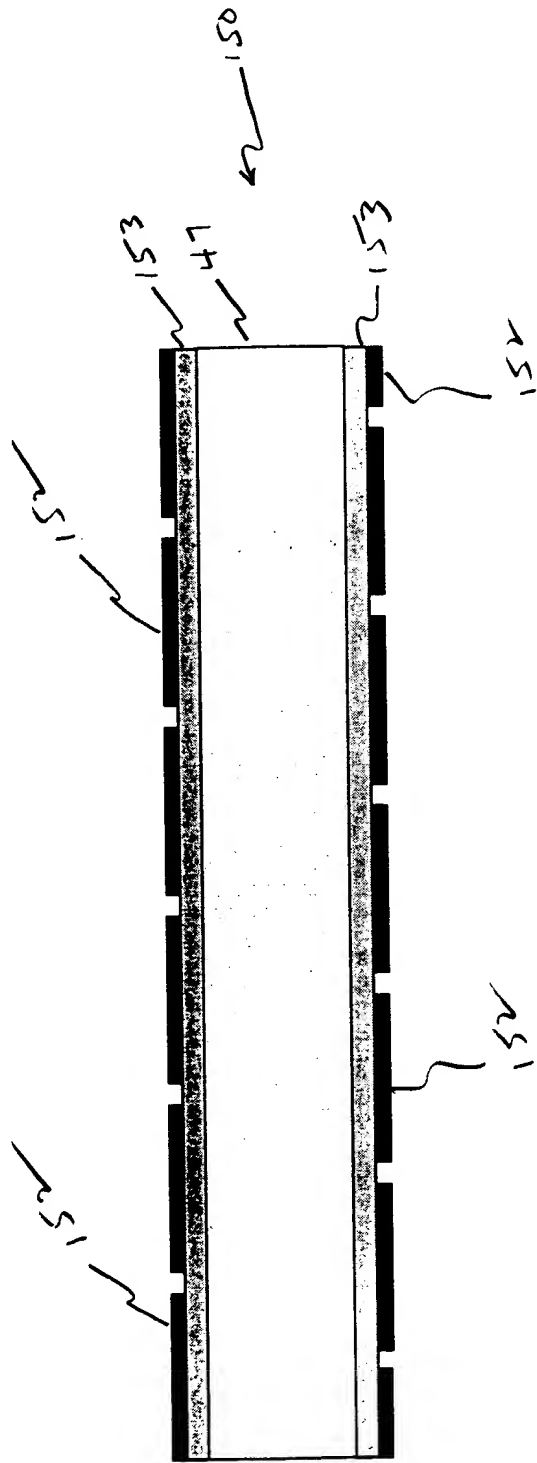


Figure 31

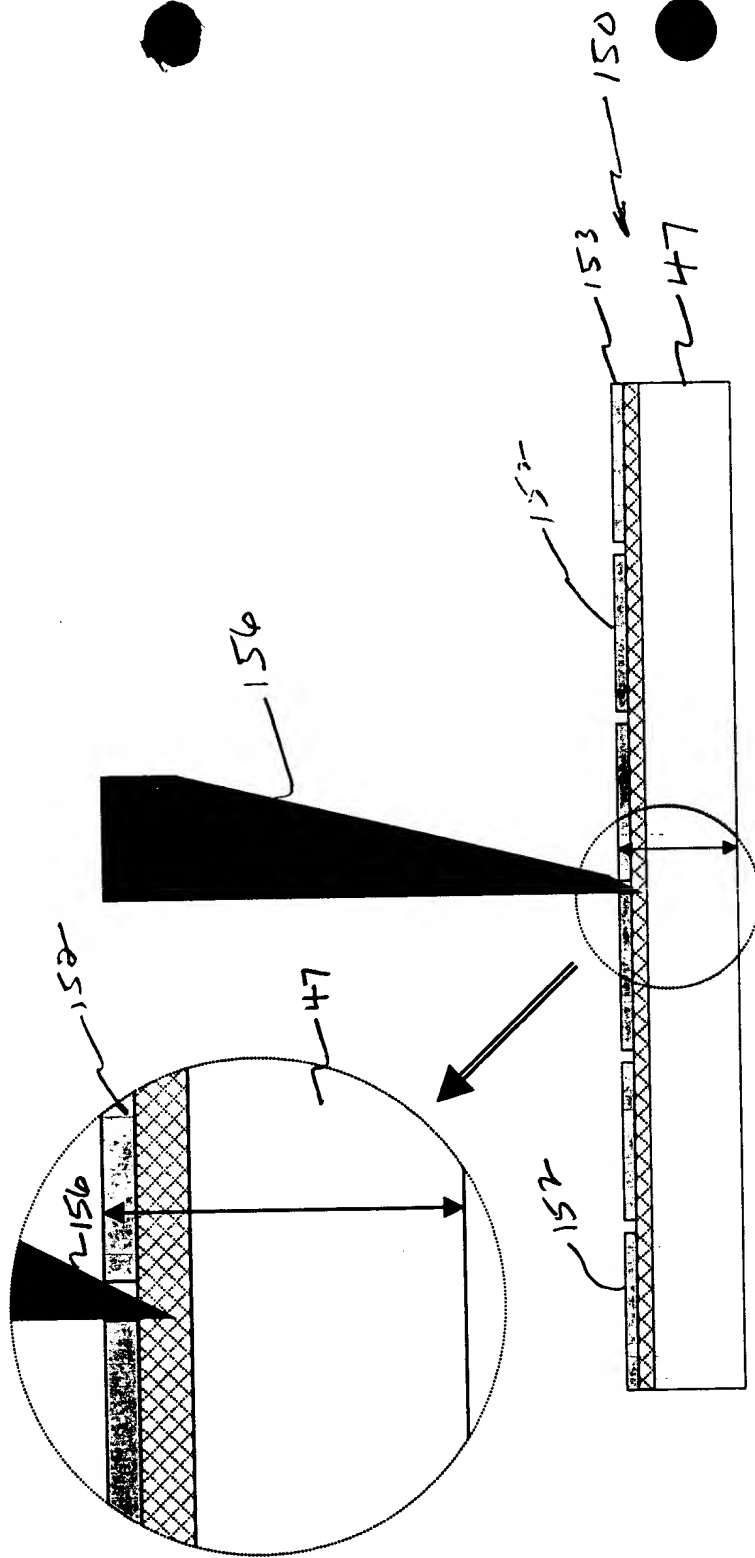


Figure 32

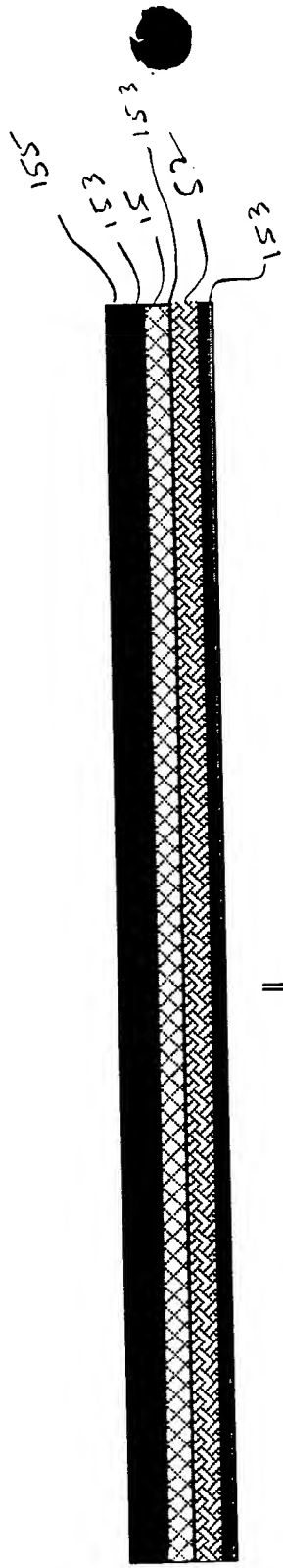


Figure 33 A

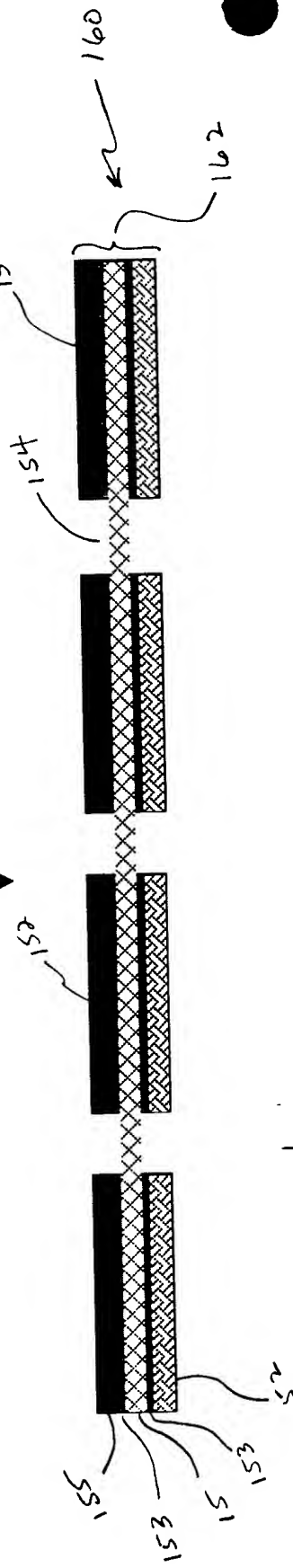
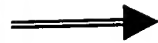
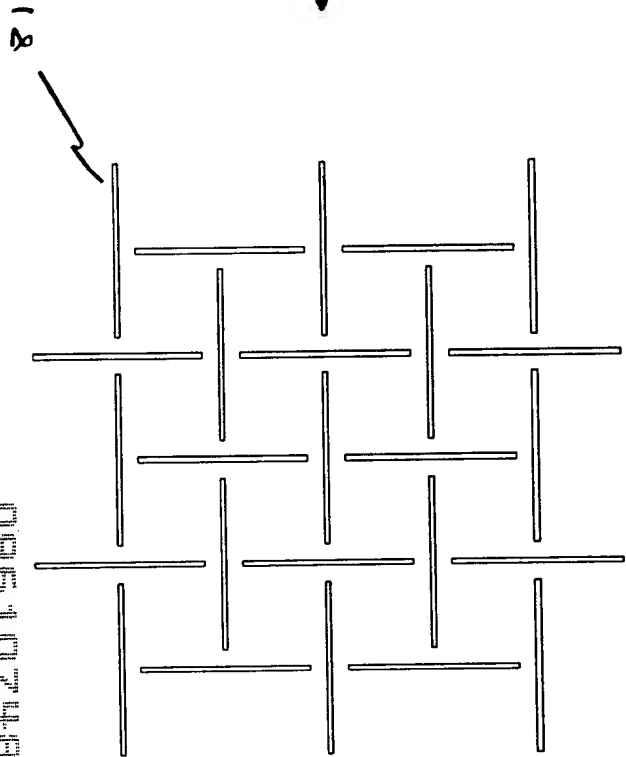


Figure 33 B

009070" 8420T960



80

Figure 34